

Holiday S t r e s s ?

Alcohol's not the answer.

Did you know that alcohol actually *causes* stress?

According to the National Institute on Alcohol Abuse and Alcoholism, research shows that alcohol triggers the release of stress hormones from the brain and pituitary and adrenal glands. THINK SAFE for your body and those around you by opening up to family and friends, going for a long walk, or giving yourself some time to relax rather than consuming alcohol.

Here are a few tips for cutting down on A L C O H O L:

- *** Eat while you drink or have something to eat before you have a drink. This will slow the alcohol's effects on you and take the focus off just having a drink.
- *** Try a refreshing non-alcoholic drink. Mix fruit juice with sparkling water or try a bottled sparkling grape juice or cider.
- *** If you enjoy a glass of wine with your meal, pour yourself a glass of water too. Your wine will last longer and your thirst will be quenched.
- *** When going out, make the first drink you have a non-alcoholic drink such a juice and club soda. And remember: **always** designate a responsible and sober driver.



The State Wellness Program Operates as a Program
of the Employees Benefits Council.
"Making a Healthy Difference for You!"

